

***For More Information,  
and Free Support Services,  
visit [www.thyca.org](http://www.thyca.org)***

- Visit our web site for more information about thyroid cancer treatment, research, and ThyCa's free support groups and other free support services, special events, and publications.
- ThyCa's web site has more than 650 pages of content, as well as links to more than 100 related medical web sites, organizations, and publications.
- More than 50 distinguished physician specialists, plus many other specialists, provide ongoing input and review for the web site's medical information.
- Numerous free downloadable publications are available on ThyCa's web site. These include the *Low-Iodine Cookbook*, thyroid cancer awareness flyers, fact sheets about thyroid cancer, materials in Spanish, and more.

### ***How To Help***

- Give Thyroid Cancer Awareness brochures to your friends and relatives. Help raise awareness of thyroid cancer and the importance of early detection, treatment, and lifelong follow-up. Tell them about ThyCa's free support services, educational events, and web site.
- Become a ThyCa Volunteer —  
We welcome new volunteers at any time.
- Become a ThyCa Member —  
One year \$25, Two years \$45, Lifetime \$225
- Donate to our Rally for Research
- Support Thyroid Cancer Awareness Month —  
September — Sponsored by ThyCa.
- Spread the word, and come to the  
***13th International Thyroid Cancer  
Survivors' Conference***  
**October 15-17, 2010 • Dallas, Texas**
- To find out more, visit the "How To Help" section of our web site **[www.thyca.org](http://www.thyca.org)**



---

## ***Welcome to the Thyroid Cancer Survivors' Information Day***

**Saturday, May 29, 2010**

**FREE**

**8:30 a.m. - 3:15 p.m.**

St. John's, Newfoundland and Labrador, Canada  
Eastern Health, Conference Room C - Administrative Offices  
306 Waterford Bridge Road, St. John's, Newfoundland & Labrador, Canada



*Sponsored by*

**ThyCa: Thyroid Cancer  
Survivors' Association, Inc.<sup>SM</sup>  
[www.thyca.org](http://www.thyca.org)**

*A national nonprofit 501(c)(3) organization of thyroid cancer  
survivors, family members, and health care professionals.*

P.O. Box 1545, New York, NY 10159-1545

Toll-Free: 1-877-588-7904

E-mail: [thyca@thyca.org](mailto:thyca@thyca.org)

# Thyroid Cancer Information Day — Saturday, May 29, 2010

## *Program Schedule*

**8:30 - 8:45 a.m.** Registration

**8:45 - 9:15 a.m.** Welcome and Roundtable/Sharing

**9:15 - 10:00 a.m.** Epidemiology, Diagnosis, & Surgical Management of Thyroid Cancer. Dr. K. Burrage, ENT Surgeon

**10:00 - 10:15 a.m.** Questions: Ask the Doctor. Dr. K. Burrage, ENT Surgeon

**10:15 - 10:30 a.m.** Nutrition Break

**10:30 - 10:45 a.m.** Management and Follow Up of Thyroid Cancer after Surgery. Dr. D. W. Ingram, Internist—Thyroid Cancer

**10:45 - 11:00 a.m.** Ask the Doctor. Dr. D. W. Ingram, Internist—Thyroid Cancer

**11:00 a.m. - 11:30 a.m.** Roundtable: Outreach, Volunteering and Becoming Active in ThyCa Newfoundland and Labrador Thyroid Cancer Support Group. Joanie Bruce, Ida Marrie, & Grace Dean, Facilitators, ThyCa Newfoundland and Labrador Thyroid Cancer Support Group

**11:30 a.m. - 12:30 p.m.** LUNCH

**12:30 p.m. - 1:30 p.m.** Nutrition, Low Iodine Diet, & Thyroid Cancer. Gerri Anne Devereaux, Dietitian

**1:30 p.m. - 3:00 p.m.** Roundtable: Coping with Thyroid Cancer Issues. Joanie Bruce, Ida Marrie, & Grace Dean, Facilitators, ThyCa Newfoundland and Labrador Thyroid Cancer Support Group

**3:00 p.m. - 3:15 p.m.** Wrap-Up — Feedback and Suggestions.

• **Plus Resource Tables with free educational and support materials.**

Please take some free materials home with you and distribute them to your doctors, and neighbors. Ask for more, and distribute them as well. Talk up thyroid cancer awareness and ThyCa's free services.

## *Thank you to our Speakers...*

Dr. K. Burrage, ENT Surgeon

Dr. D. W. Ingram, Internist—Thyroid Cancer

Gerri Anne Devereaux, Dietitian

## *...and Roundtable Facilitators & Workshop Organizers*

**Joanie Bruce, Grace Dean, and Ida Marrie**

Plus the Numerous “Unseen” ThyCa Volunteers who helped — our Toll-Free Number Team, E-Mail Team, Publications Committee, Outreach Committee, and Web Site Team

## *...and Special Thanks to...*

Eastern Health

*You're invited to the*

## **Free Monthly Meetings of the**

ThyCa Newfoundland and Labrador Thyroid Cancer Support Group

**Fourth Saturday most months from 10:30 a.m. to noon**

Saturdays — June 26, September 25, October 23, November 27, (no July, August, or December meetings)

Eastern Health—Conference Room C - Administrative Offices  
306 Waterford Bridge Road, St. John's, Newfoundland & Labrador

## **Facilitators:**

Joanie Bruce 709-227-2784

Ida P. Marrie 709-726-1125

Grace Dean 709-753-3994

e-mail: [nf-lab@thyca.org](mailto:nf-lab@thyca.org)

**Web page:** [www.thyca.org/sg/nf-lab.htm](http://www.thyca.org/sg/nf-lab.htm)

